



Carol Taylor LCSW



Theresa Robinett

Our Professional Support Team!



Scott Veatch



Heidi Maxwell, PsyD



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Caregiving during the Holidays: Support inside and outside the Home





Today's Agenda

1

Welcome and Introductions

2

Presentation: Being a Caregiver during the Holidays – Considerations

3

Discussion: Our Family Traditions– new and old

4

Thank you

Welcome !

Wyoming Center on Aging
Facilitator: Sabine Schenck, M.S.
Technical Support: Jenny Wolf

The goal of today's session is to provide you with insight and education on how to celebrate the holiday season with your loved ones with dementia and how to set realistic expectations, take care of yourself and your loved one and communicate effectively with members of your community.



Sabine Schenck



Jenny Wolf

We are in this together

Today we will ...

Holiday Celebrations

Holiday Traditions



Considerations for Skilled
Nursing
Facilities/Memory Units



Today's Speaker



Theresa Robinett, MOT, OTR/L

Theresa Robinett is an occupational therapist who works in Casper, Wyoming.

Theresa is a lifelong resident of Wyoming, growing up on her family's ranch outside of Newcastle, Wyoming. Theresa attended and graduated from The University of North Dakota's Occupational Therapy Program - Casper site.

During her education, she developed a strong interest and passion for working with an aging population, specifically those with dementia. Her primary area of practice has been in Long Term Care with focus on dementia and physical dysfunction. Theresa started teaching at Casper College in the Occupational Therapy Assistant program in 2015.

Holiday Meals



- **Table setting**
 - **Bright, high contrast table (ex. white plate with red placemat)**
 - **Simplify: only have things you need at the table**
- **Finger Foods**
 - **Rethink traditional meal: create new traditions**
 - **What can be done as finger food or easier to manage - fondue**

Holiday Meals

- **Beverages**

- Nosey cup

- **Adaptive Eating Equipment**

- Guards
- Build-up handles



Holiday Food Preparation

- Engage in meal preparation
 - Chopper, Rocker Knife



Holiday Food Preparation

- **Cookie decorating**

- Use large cookie cutter
- Use a toothpick to put frosting around the edge of cookie
- Heat up frosting in microwave for about 5 seconds in a bowl



- **Bread/Cookie Dough**

- Sit and knead dough
- This is great for sensory input and good movement



Decorations



- **Rest Breaks**
- **Energy Conservation Techniques**
- **Alternative idea**
 - Looking at pictures
 - Magazines
 - Take a drive to look at community decorations
 - Wall tree with ornaments



Traditions

- **Simplify and reduce**
- **Limit distractions during family time/events**
- **Video Calls**
- **Large Clock/Calendar**
 - **Decorations**
- **Plan events during their best time of the day**



Traditions continued

- **Set up family activity near their comfortable spot**
- **Have family member positioned for inclusion**
- **Incorporate their senses**
 - **Hearing**
 - **Smell**
 - **Visual**
 - **Touch**
 - **Taste**



Assisted Living Facility/ Skilled Nursing Facility

- **Collaborate with the Activity Department**
 - **Inform them of family traditions/preferences**
 - **Favorite music, food activity**
 - **Ask Activities Department if you can join when they do an activity**
 - **Check with nursing/dietary staff - snacks/goody bags**



Assisted Living Facility/ Skilled Nursing Facility

- Simplify versions of favorite activities
- Activities/Therapy will want to know about your loves one's preferences - makes sessions more meaningful



General Considerations



Let's look at your plan

Given our discussion, what adjustments do you need to make?

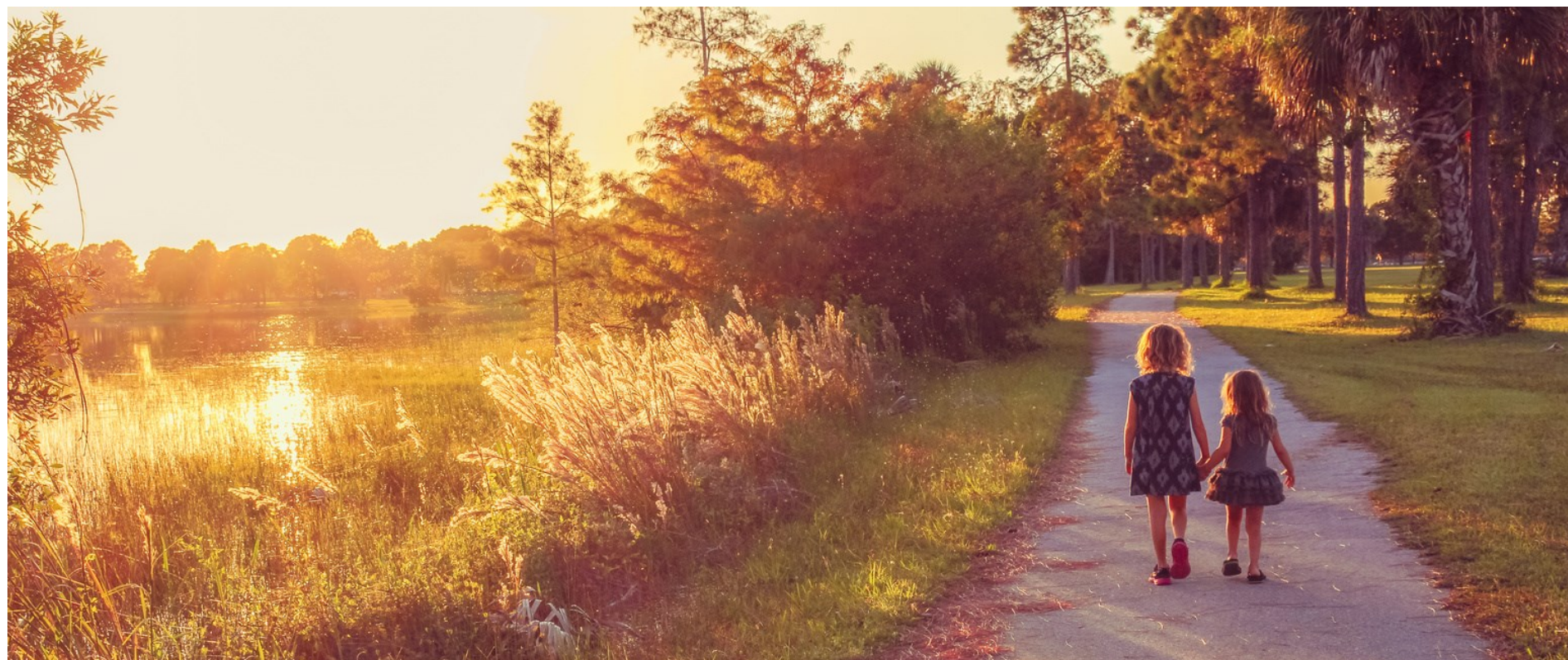
What did you hear that you may want to try out?



Stay in the moment



Breathe



We are in this together

Evaluation Survey Link

https://uwyo.sjc1.qualtrics.com/jfe/form/SV_bBDJyys4vFZO9W6



Contact information

Wyoming Center on Aging

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Next Session: **Caregiving during the Holidays**

November 10th, 2021 @ 10:30 am MTS

Topic: Communicating with Friends and Family

Presenter: Carol Taylor, LCSW

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Wyoming Dementia Together Caregiver Network

11/10/2021 Communicating with Friends and Family during the Holidays Presenter: Carol Taylor, LCSW

12/8/2021 Holiday Celebrations – Making it a great season for all
Presenter: Dr. Heidi Maxwell

12/22/2021 Celebrating the Caregiver – no presenter

http://www.uwyo.edu/wycoa/educational_and_training_opportunities/wyoming-dementia-together.html

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